



Prepared by the Brookline Department of Public Health

Brookline Fitness Directory



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"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we could have found the safest way to health." Hippocrates



This publication was originally compiled in conjunction with Brookline 300 and as part of National Public Health Week 2005. The goal of this publication is to inform Brookline residents of physical activity, sports, and fitness programs offered in Brookline.

Information complete as of June 2011. Submit any updates to lkarsten@brooklinema.gov

This publication is not to be considered an endorsement of any of the businesses or organizations listed.

For further information contact:

Lynne Karsten
Director of Community Health
Brookline Department of Public Health
11 Pierce St.
Brookline, MA 02445
Phone (617) 730- 2300
Fax (617) 730- 2296
Email: lkarsten@brooklinema.gov

Originally prepared by Heather Abe, April 2005

Community Organizations

Name	Description	Hours of Operation	Contact Info	Accessibility to Public Transportation
Brookline Adult and Community Education	Various exercise and fitness classes for all adults. Classes are paid for in a block.	Day and Evening Classes Office Hours: Mon-Thu 9am-9pm Fri 9am-5pm Sat 8am-2pm	Room 101, Brookline High School 115 Greenough St. Brookline, MA 02445 (617) 730-2700 www.brooklineadulted.org	Classes held at various locations
Brookline Recreation Department	Exercise, fitness, swimming, recreational sports and other programs throughout Brookline. Classes are paid for in a block.	Day and Evening Classes Office Hours: Mon- Fri 8:30am-5pm	Eliot Recreation Center 133 Eliot Street Chestnut Hill, MA 02467 (617) 730-2069 www.brooklinerec.com/	Various locations
Brookline Senior Center	Exercise and dance classes, walking groups for senior citizens.	Mon- Fri 8:30am-5:00 pm	93 Winchester Street Brookline, MA 02446 (617) 730-2777	Green "C" Line Summit Ave
Brookline Special Olympics	Local annual Special Olympics and other sports activities. See contact information.	Varies	Contact the Recreation Department (617) 730-2069 www.brooklinerec.com/ Search "Special Olympics" or grboston@specialolympicsma.org	Various locations

Dance

Name	Programs/ Equipment	Population/ Average Class Size	Cost & Discounts	Hours of Operation		Contact Info	Accessibility to Public Transportation
Brookline Academy of Dance	Ballet, Tap, Jazz, Breakdancing, Hip Hop	Children & Adults	Per Class, Block of classes, and Unlimited 10% discount for families with 2 or more students Discounted tuition rate for multiple classes	Open 7 days a week except holidays and school vacations		136 Westbourne Terr Brookline, MA 02446 (617) 277-1139 www.brooklineacademy.com Email : MeliissaTaylon@brooklineacademy.com	Green "C" Line Washington Sq. or 66 Bus
Dancesport Academy New England	Ballroom Dancing, Salsa, Swing	Children at 6 and above & Adults Avg Class Size: 5-30 Private lessons are available	Per Class or Per session Free introductory group class every Tuesday 7pm	Friday Sat	Closed Closed or Evening Social Event	384 Harvard St. Brookline, MA 02446 (617) 566-7850 www.dancesport-newengland.com	Green "C" Line Coolidge Corner
Jean Paige School of Dance	Ballet	Children Class Size: 5-8 Max Adult Class Size: 7	Tuition for School Year http://www.jeanpaige.com/tuition.htm	For kids:	Wed, Thu, Sat	1485 Beacon St. Brookline, MA 02446 (617) 277-4161 www.jeanpaige.com	Green "C" Line Washington Square
Peanut Butter & Jelly Dance Company	Creative movement classes/Dance performance experience for children	Children Ages 3-10 Rare adult Classes Max. class size 15	Tuition fee per session, fees vary Two half scholarships	Tuesday-Thursday	Afternoon classes	Classes take place at: Church Of Our Savior 25 Monmouth Street Brookline, MA 02446 (617)738-7688 www.pbjdanceco.org	Green "C" Line Hawes Street, Green "D" Line Longwood Ave.
The Brookline Ballet School	Classical Ballet (Youth and Adult), Modern/Contemporary/Jazz (Youth), Salsa (Adult), Pre-School Creative Dance Group fitness classes, personal training, yoga, capoeira Summertime Ballet Adventures Vinyasa Flow; Yoga; Toddler & Kids Yoga	Youth class size: 6-14 Max Adult Class Size: 20 Typical Adult Class Size: 5-15 Typical	Tuition for Youth, PreSchool and Adult programs at www.brooklineballet.com Drop-in & class pass rates on website. No membership required Drop-in & monthly memberships Session cost depending on length, drop-in if space available	Open 7 days/week and school vacations. Schedule on website. Daily – consult website for schedule.		1431 Beacon St. Brookline, MA 02446 617.879.9988 info@brooklineballet.com www.sinhacapoeira.com sinhacapoeira@hotmail.com	The Green C-Line T stop Winchester/Summit is right at our door

Dance Studio for Adltus	Yoga, Zumba, and ballet, jazz-, and Latin-ballroom-based fitness classes. Private and semi-private lessons. Engaging workshops in various dance styles.				1404A Beacon St. Brookline, MA	The Green C-Line T stop Winchester/Summit
See also: Community Organizations						

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Health and Fitness Organizations

Name	Programs/ Equipment	Population/ Capacity/ Average Class Size	Cost & Discounts	Hours of Operation		Contact Info	Accessibility to Public Transportation
Beacon Hill Athletic Clubs	Cardiovascular and resistance Equipment Classes- Yoga, Pilates, Muscle/Abs, Spinning, Cardioboxing	Men & Women Capacity: 400 Avg Class Size: 7	Enrollment fee+ Various membership fee	Mon-Thurs Friday Saturday Sunday	6am - 10pm 6am - 9pm 8am - 7pm 8am - 7pm	279 Washington St. Brookline, MA 02445 (617) 277-8600 www.beaconhillathleticclubs.com/clubs-brookline-village.php	Green "D" Line Brookline Village
B.E. Training And Fitness, Inc.	Personal training services, including cardiovascular, strength, flexibility, balance, stability, mind/body and nutrition Partner training Group training Workplace program	Men & Women Kids & Teens Individual or group	Free 1-hour consult Pricing by session or package	Flexible 7 days a Week	By appointment	Beth Erlichman (617) 823-1032 www.gobefit.com beth@gobefit.com	Mobile services
Commonwealth Sports Club	Personal training Pilates, yoga, Spinning, Boxing , Weight training & Cardio equipment	Men & Women Over 18 Class size varies	Many membership options. Students, seniors and corporate discounts	Mon-Thu Fri Saturday Sunday	5:30am – 10pm 5:30am – 9pm 8am – 7 pm 8am – 7pm	1079 Commonwealth Avenue Boston, MA 02215 617-254-1711 membership@commonwealthsportsclub.com	Green Line "B" Packards Corner
Fitness Together	General Exercise Equipment, 1 on 1, 1 on 2, 1 on 3, or hometraining with a personal trainer	Teenage:13 -18 Men and Women Capacity: 250	No Enrollment Fee, Pay for a block of sessions Free session available	Mon-Fri Saturday Sunday	6am - 9pm 6am - 3pm Closed	1404a Beacon St. Brookline, MA 02446 (617) 232-2297 http://www.ftbrookline.com info@ftbrookline.com	Green "C " Line Summit Ave
Benefitness	General Exercise Equipment Yoga, Pilates, Cardio, Weight Training Personal Training, Nutrition services, body composition testing	Female teen : 13-17 Adult Women Class size varies	Enrollment + Monthly membership or annual membership Discount for Seniors & College Student	Mon-Thurs Friday Saturday Sunday	5:30am - 9:30pm 5:30am – 8:30pm 7am - 6pm 8am - 5pm	62 (rear) Harvard St. Brookline, MA 02445 (617) 232-7440 benefitnesshealthclub.com	Green Line "D" Brookline Village 66 Bus

Health and Fitness Organizations

Name	Programs/ Equipment	Population/ Capacity/ Average Class Size	Cost & Discounts	Hours of Operation	Contact Info	Accessibility to Public Transportation
Wellness, Inc.	Playful exercise and wellness routines for young children. Linked to the "President's Challenge Fitness Program."	3 to 10 year olds accompanied by adults	Free downloads, plus Wellness Workshops for parents, schools and therapists	Mon-Fri 9am – 5pm	(617) 713-0949 www.kidswellness.net kv@wellnessconsultation.org	Online program
HealthWorks Brookline	General Exercise Equipment and Classes- Yoga, Pilates, Strength Training	Women Capacity: 100 Avg Class Size: 15-30	Enrollment + Monthly Fee Discounts for seniors, college students Corporate Discounts available	Mon- Fri 5:30am-10:00pm Sat & Sun 7:30am - 8pm	Coolidge Corner Healthworks 325 Harvard St (617) 731-3030 www.healthworksfitness.com	60 Bus
GymIt	Co-Ed 100 Pieces of cardio equipment, locker rooms with showers, 3 strength training areas, group and personal training		\$19/month	Mon-Fri: 5am- 11pm Sat-Sun: 7am- 10pm	920 Comm. Ave Brookline, MA 02446	Green "B" Line Access the garage on Drummer St. and enter on 4 th fl

Martial Arts

Name	Programs/ Equipment	Population/ Average Class Size	Cost & Discounts	Hours of Operation	Contact Info	Accessibility to Public Transportation
Boston Karate Club @ Inner Space	Shotokan Karate	Men & Women	Enrollment Fee + Monthly Fee Discounts for Children & College Students	Tues & Thurs 7:30 PM-8:45 PM Saturday 10:30 AM-11:45 AM	17 Station Street Brookline, MA 02445 (617) 730-5757 www.yogainthevillage.com/bkc/about.html bkcsprit@mac.com	Green "D " Line Brookline Village
The Boston School of Boabom	Boabom, Seamm Jasani	Men & Women & Children	Coming to class once a week costs \$60 per month; twice a week (within the same Art) costs \$80 per month. 20% Discounts for Seniors, Full time students, Families	Mon & Wed 6 PM – 9 PM Tue 7 PM – 8 PM Thu 12 PM - 1PM 7 PM – 8 PM Sat 10:45 AM - 11:45 AM 1:30 PM – 2:30 PM SeammJasani Mon 10:30 AM - 11:30 AM Thu 11 AM –12PM 6 PM – 9 PM Sat 10:45 AM - 11:45 AM Children 4-7 years: Mon 6 PM - 7 PM Tue & Wed 5 PM – 6 PM Fri 4 PM – 5 PM	33a Harvard Street, Suite 201 Brookline, MA 02445 617-480-8237 www.bostonboabom.com info@bostonboabom.com	Green "D " Line Brookline Village
Brookline Tai Chi	Tai Chi, Chi Gung, Ba Gua, Longevity Breathing	Adult Men & Women Some teenagers Avg Class Size: 6-8	Pay Per Block of Classes 20% Discounts for Multiple classes, Family, Senior, Student, Disability, Veteran	Mon – Sun Hours vary	1615 Beacon Street Brookline, MA 02446 (617) 277-2975 www.brooklinetaichi.org website@brooklinetaichi.org	Green "C " Line Washington Square
Japan Karate Association of Boston	Shotokan Karate	Men , Women & Children Avg Class Size: 5-25	Membership fee, Pay by month, week, or per class Family discounts	Weekdays Late Afternoon Evening Mornings Saturday	310 Harvard St, 2 nd floor Brookline, MA 02446 (617) 566-2966 www.jkaboston.com getinfo@jkaboston.com	Green "C " Line Coolidge Corner

See also: Community Organizations

Sports Programs*

Name	Programs	Population	Cost	Contact Info
Brookline Recreation Department	Aerobics, Golf, Skiing, Swimming, and Tennis Lessons	Adults and Children	Varies	Eliot Recreation Center 133 Eliot Street Chestnut Hill, MA 02467 (617) 730-2069 www.townofbrooklinemass.com/recreation
	Lap Swimming and Aquatic Exercise	Adults 17+	Varies	Brookline Swimming Pool 60 Tappan St. Brookline, MA 02446 (617) 713-5435 www.townofbrooklinemass.com/recreation/Swimming.html
	Open Gym and Skating Rink	Adults and Children	Varies	www.townofbrooklinemass.com/recreation
	Tennis Courts	Adults and Children	Varies depending on court	www.townofbrooklinemass.com/recreation/tenniscourts.html
Putterham Meadows Golf Club	Golf Course	Adults Children: 4-17	Varies	1281 W. Roxbury Pkwy Chestnut Hill, MA 02467 (617) 730-2078 www.brooklinegolf.com/

See also: Community Organizations

*Excludes school-sponsored organized sports. For more information contact local schools.

Sports Teams*

Name	Programs	Population	Cost	Contact Info
Brookline Recreation Department	Children's Team Sports: Basketball, Baseball, Lacrosse, Soccer, Softball, Swim Team	Boys and Girls	Varies	Eliot Recreation Center 133 Eliot Street Chestnut Hill, MA 02467 (617) 730-2069 www.townofbrooklinemass.com/recreation
	Adult Team Sports: Softball (Men), Hockey (Co-Ed),	Adults	Varies	
Brookline/Jamaica Plain Pop Warner Football	Football and Cheerleading	Boys and Girls 7 –1 5	Varies	Call Recreation Department for contact information (617) 730-2069 www.townofbrooklinemass.com/recreation
Brookline Soccer Club	Soccer	Boys and Girls 9 - 18	Varies	P.O. Box 566 Brookline MA 02446 www.brooklinesoccer.org/
Brookline Youth Baseball	Baseball	Boys and Girls 7 - 15	Varies	http://www.brooklineyouthbaseball.org/
Brookline Youth Hockey	Hockey	Boys and Girls 6 - 18	Varies	P.O. Box 67371 Chestnut Hill, MA 02467-0004 www.brooklineyouthhockey.org
Men's Hockey League	Hockey	Adult Men	Varies	Call Recreation Department for contact information (617) 730-2069 www.townofbrooklinemass.com/recreation
Viking Soccer	Soccer, T-ball, Basketball	Adults and Children Pre-K & K	Varies	Viking Sports Camps 258 Harvard Street #365 Brookline, MA 02446 www.vikingcamps.net/camps/

See also: Community Organizations

*Excludes school-sponsored organized sports. For more information contact local schools.

Summer and Vacation Camps

Name	Programs	Population	Cost	Contact Info
Beaver Country Day School Summer Programs	Programs include a general camp and specialty camps in the arts, sports, and outdoor explorations	Boys and Girls Ages 3-15	Varies	Beaver Summer Programs 791 Hammond St. Chestnut Hill, MA 02467 Phone: (617) 738-2750 Fax: (617) 738 -2790 www.bcdschool.org/summer/launch/camp@bcdschool.org
Dexter School Southfield School Summer Camps	Sports Camps, Day and Overnight Camps	Boys and Girls 7 - 14	Varies	20 Newton St. Brookline, MA 02445 (617) 454 2725 www.dexter.org/summer summer@dexter.org
Summer at Park	Day Camps, Sport Camps and Specialty Programs	Boys and Girls Ages 4- 14	Varies	The Park School 171 Goddard Ave Brookline, MA 02445 (617) 274-6024/5 www.parkschool.org/summer summerprograms@parkschool.org
Viking Sports Camps	Soccer, T-ball, Basketball, After school programs, Summer Camps	Adults and Children	Varies	258 Harvard Street, #365 Brookline, MA 02446 (508) 358-5066 www.vikingcamps.net/ info@vikingcamps.net

See also: Community Organizations

*Excludes school-sponsored organized sports. For more information contact local schools.

Yoga and Pilates

Name	Programs/Equipment	Population/ Average Class Size	Cost	Hours of Operation	Contact Info	Accessibility to Public Transportation
Baron Baptiste Power Yoga	Heated power yoga	Adults Average: 30-40 students	Single class or class package	Mon – Sun Hours vary	25 Harvard Street Brookline, MA 02445 617-232-9642 http://www.baronbaptiste.com/pages/brookline_studio.htm info@baronbaptiste.com	Green "D" Line Brookline Village or 66 Bus
Bodycares	Physically-centered therapies	Men & Women Max Class Size: 5	Consultation Fee + Per Class or Block of Classes	Mon 10:30am-7:30pm Tue 9:30am-6:30pm Thu 10:30am-7:30pm Fri 9:30am-6:30pm	124 Harvard St., Suite 17 Brookline, MA 02446 (617) 278-9044 www.bodycares.com info@bodycares.com	Green "D " Line Brookline Village or 66 Bus
Dahn Yoga and Healing Center	Dahn Yoga® is a unique type of yoga that features simple exercises for the conditioning of the body and mind	Men & Women Max Class Size: 14	Short and long-term Memberships	Mon-Fri 8 AM – 9 PM Sat 8 AM – 5 PM	235 Harvard St Brookline, MA 02445 (617) 264-4851 www.dahnyoga.com brooklinedahn@yahoo.com	Green "D " Line Brookline Village or 66 Bus
Inner Space	Yoga, Pilates, Karate and Capoeira	Adults and Children	Discounted 10-class cards or drop-in (start any time) Discounts for students, seniors, Town employees, Coolidge Theater	Mon – Hours vary Sun	17 Station Street Brookline, MA 02445 (617) 730-5757 www.yogainthevillage.com bkcspirit@mac.com	Green "D " Line Brookline Village Or 66 bus
Brookline Yoga Studio	Iyengar Yoga	Men and Women Avg Class Size: 8-10	Drop-in or Session Rate	Tue, Wed, Thu Latest schedule is online http://www.yogastudio.org/classes/ manjuv@rcn.com	29 Harvard St., 2nd floor Brookline Village, MA brooklineyogastudio.com/index.php manjuv@rcn.com	Green "D" Line Brookline Hills It is a 5 minute walk from the Brookline Village stop on the D Line(Green Line) and located above Lavinia Borcau Day Spa.
The Yoga Studio	Yoga & Non-impact Yoga	Men & Women Avg Class Size: 5	Drop in and 10 Class, Student & Senior Discount	Mon – Sun Latest Schedule is online	29 Harvard St Brookline, MA 02445 (617) 566-1489 www.yogastudio.org/classes/upcoming.shtml info@yogastudio.org	Green "D " Line Brookline Village or 66 Bus

Yoga and Pilates

Name	Programs/Equipment	Population/ Average Class Size	Cost	Hours of Operation	Contact Info	Accessibility to Public Transportation
Modern Pilates	Pilates & Yoga (Private and Class)	Men & Women Avg Class Size: 1-4	Package rate or single classes	Classes in the morning, evening, and weekend	1318 Beacon Street, Brookline, MA 02446 (617) 566-0599 www.modernpilatesboston.com pilates@modernpilatesboston. com Located at the intersection of Beacon and Harvard Streets PLEASE NOTE: If you are entering during non-business hours, you will have to enter the building at the Harvard Street door (next to The Body Shop). Please push buzzer #12	Green "C" Line Coolidge Corner
The Body Center	TRX Suspension Training Yoga STOTT Pilates Reformer Classes Mat Classes Cardio/Boxing	Men and Women Max. class size: 10	Varies. 20% quarterly discount for Brookline employees	Open 7 days a week Daily Classes Call for an appointment	1 Holden Street Brookline, MA 02455 (617) 731-4227 (4ABS) thebodycenterpilates.com info@thebodycenterpilates. com	Green "D" Line Brookline Village
Bodyscapes	Pilates, Personal Training Sessions, Group Classes M-Su			M-Th: 5:30am- 10pm Fri: 5:30am- 9pm Sat: 7am- 7pm Sun: 8am- 6pm	Brookline, Coolidge Corner 1285 Beacon Street Brookline, MA 02446 617-232-1010	Green "C" Line Coolidge Corner
Roni Brissette Yoga	Yoga & Core class	Primarily adults, also teens; Avg Class Size-small	Drop-in and Blocks of classes Private Sessions	Mon – Sat Hours vary	57 Waverly Street Brookline MA 02445 617-738-9561 www.ronibrissetteyoga.com ronibrissetteyoga@gmail.com.	Green "D" Line Brookline Village or 66 Bus

There are many private yoga instructors in the area. Please consult the Yellow pages for a listing or <http://www.yogajournal.com/directory/?text=brookline>

See also: Community Organizations

Supporting Businesses

Name	Contact Info
Landry's Bicycles	890 Commonwealth Avenue Boston, MA 02215 (617) 232-0446 http://www.landrys.com/ mvautour@landrys.com
Ski Market	860 Commonwealth Avenue Boston, MA 02215 (617) 731-6100 http://www.skimarket.com/
Eastern Mountain Sports	1041 Commonwealth Avenue Boston, MA 02215 (617) 254-4250 http://www.ems.com
REI – Recreational Equipment Inc.	401 Park Drive Boston, MA 02215 (617) 236-0746 http://www.rei.com/